

PRACTICE 02



Learning to Notice



A GENTLE GUIDE TO BECOMING
MORE AWARE OF THE MOMENTS
THAT SHAPE YOUR DAY.



YUTORI SPACE

CREATE SPACE. FIND WHAT MATTERS.

Introduction



We often believe that change begins with finding the right solution.

In reality, it often begins much earlier—with noticing.

Noticing the pace we're moving at.

Noticing the tension we've stopped feeling.

Noticing the moments that pass us by because our minds are already somewhere else.

Noticing the habits and patterns we've repeated so many times they've become invisible.

This guide isn't about fixing anything.

It's not about judging yourself or trying to become a different person. Instead, it's an invitation to become curious.

To slow the pace, even briefly, and gently observe your day with fresh eyes.

You don't need to complete every practice.

Choose one that resonates with you and return to it whenever you can.

Sometimes, the smallest moments of awareness can quietly change the way we experience our lives.

Practice 1

Notice your pace



For one day, simply become aware of the moments when you begin to rush.

Not to stop yourself.
Not to judge yourself.
Just to notice.

Perhaps it's while getting ready in the morning.
Driving somewhere.
Answering emails.
Cooking dinner.
Moving from one task to the next.

Ask yourself:

- **When do I naturally speed up?**
- **What usually happens just before I start rushing?**
- **Does rushing actually help me?**

Reflection - What did you notice?

Awareness begins with observation, not judgement.

Practice 2

Notice your attention

**Throughout the day, gently ask yourself:
Where is my attention right now?
Is it...**

- On the task in front of me?
- Thinking about what's next?
- Replaying something that already happened?
- Lost in my phone?
- Noticing the world around me?

There isn't a right answer.

The practice is simply becoming aware of where your attention naturally goes.

Reflection -

Was there a moment today when
you felt completely present?



Practice 3

Notice one ordinary moment

Choose one everyday activity.

Making a cup of tea.

Walking to your car.

Washing your hands.

Waiting for the kettle to boil.

For just one minute, allow yourself to experience it fully.

Notice the sounds.

The colours.

The temperature.

The textures.

The smells.

Nothing needs to change.

Simply experience the moment as it is.

Reflection - Did anything surprise you?

The extraordinary is often hidden inside the ordinary.

Practice 4

Notice what restores you

As you move through your day, pay attention to the moments that leave you feeling even slightly lighter.

Perhaps it's...

Being outside.

Listening to music.

Talking to someone.

Reading.

Stretching.

Laughing.

Sitting quietly with a cup of tea.

Receiving a hug.



We often become very good at noticing what drains us. This practice is about becoming equally aware of what restores us.

Reflection - Today, I felt most like myself when....

Practice 5

Notice before the day ends

Before going to bed, spend just a few quiet minutes reflecting.

Complete these sentences:

Today I noticed...

Something that made me smile was...

Tomorrow I'd like to notice...

For now, simply notice what is here, without judgment or the pressure to change anything overnight.

Awareness creates the opportunity for choice—and over time, those choices can lead to meaningful change.

A CLOSING THOUGHT



Learning to notice isn't about becoming perfect.

It's about becoming present.

Life will still be busy. There will still be days when
you rush, feel distracted or miss things.
That's part of being human.

But each time you pause to notice, you create
an opportunity.

An opportunity to see yourself with a little more
compassion. To recognise the patterns that
shape your days. To appreciate the moments
that might otherwise have passed unnoticed.

Awareness doesn't ask us to have all the answers.
It simply invites us to pay attention.

And sometimes, that's where
meaningful change begins.



YUTORI SPACE

CREATE SPACE. FIND WHAT MATTERS.